

SNAPSHOT TUTORIAL

HOW TO:

- Install myfitnesspal on your Android phone
- Use the bar code scanner to enter nutritional information in your food diary

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Installing myfitnesspal on your Android Phone

Step One

On your Android
phone

Go to the

internet link : <https://market.android.com/details?id=com.myfitnesspal.android&hl=en>

Step Two

Click on

INSTALL

to install Myfitnesspal
on your Android phone.



Step Three

Add myfitnesspal App link to your Android phone home screen for easy access to the program on your phone.



Not sure how to add apps to your Android phone home screen? Check out the video at the link below that shows you how to add any app to your Android phone home screen.

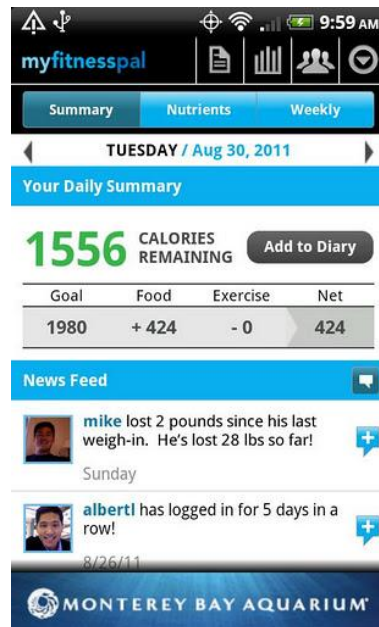
<http://droidlessons.com/how-to-add-or-remove-app-shortcuts-from-the-android-home-screen/>

Using Bar Code Scanner to enter nutritional information in your food diary



Step One

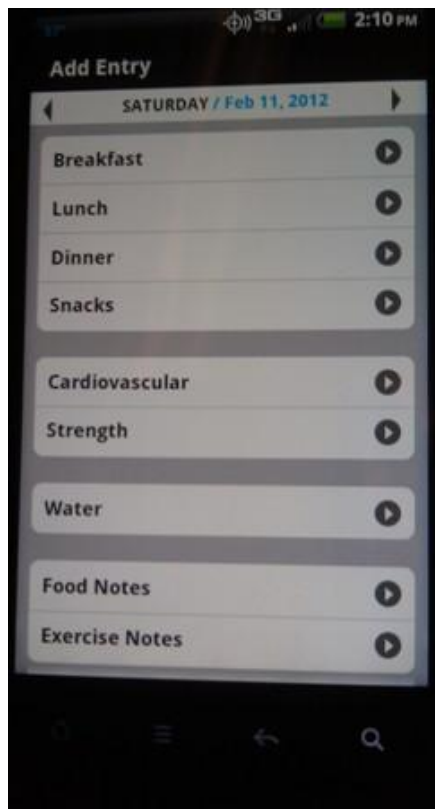
Touch the app button on your Android phone home screen.



Step Two

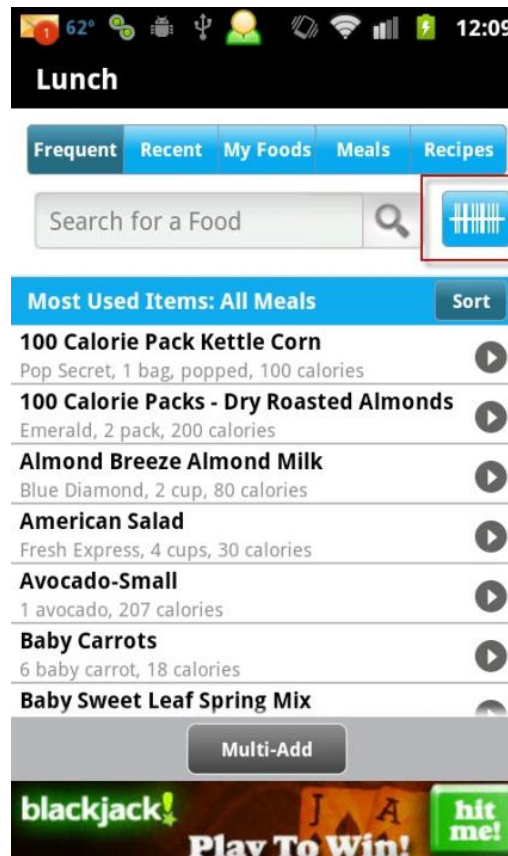
Touch

Add to Diary



Step Three

Touch the meal you want to enter in your food diary.

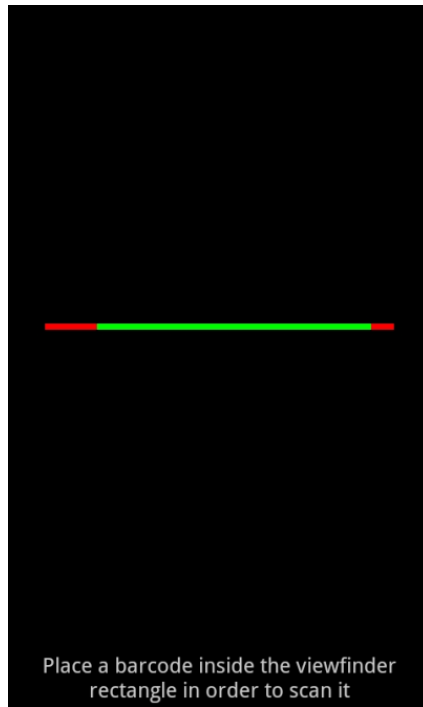


Step Four

Touch



This turns on the bar code scanner



Step Five

Aim your camera lens at the **Bar code label** on a food item as though you are photographing the bar code.

Bar code label.



Retrieved from Google Images on 2/11/12
Posted by efsepedia.com

Add Food

Chicken Noodle Soup (Cambell's Healthy Request)

Number of Servings: 1

Serving Size: 1/2 cup

Add Now

Nutritional Facts

Calories 60	Total Fat (g)	2 g
	Saturated (g)	0.5 g
	Polyunsaturated (g)	0.5 g
	Monounsaturated (g)	0.5 g
	Trans (g)	0 g
	Cholesterol (mg)	10 mg
	Sodium (mg)	410 mg
	Potassium (mg)	450 mg
	Total Carbs (g)	0 g
	Total Protein (g)	0 g

Refreshment is just a tap away

Step Six

Touch

Add Now

to add the nutritional content to your food diary.

Note:

You can change number of servings and serving sizes prior to adding to your food diary.

References and Additional Resources

A. J. (Jan. 28, 2011). How to add or remove app shortcuts from the Android home screen. *Droid Lessons*. Retrieved from <http://droidlessons.com/how-to-add-or-remove-app-shortcuts-from-the-android-home-screen/>

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MyfitnessPal. Retrieved January, 2012 from <http://www.myfitnesspal.com/>

Smith, Alicia. (Feb. 2, 2012). If you're trying to lose weight, here are some food and diet apps that may help you do it. *ABC Action News WXYZ.com*. Retrieved from <http://www.wxyz.com/dpp/news/health/if-youre-trying-to-lose-weight-here-are-some-food-and-diet-apps-that-may-help-you-do-it>